

CAMBRIDGE IELTS SCHOOL. FRUIT & VEGETABLES. TRANSCRIPT

Do you usually eat fruit and vegetables?

Yes, I do. I eat fruit and vegetables on a daily basis. I think we all know that in order to have a balanced diet it's important to add vegetables to our daily meals, because fruit and vegetables provide a wide range of health-boosting vitamins and minerals which are essential to a healthy diet.

What kind of fruit do you enjoy?

Well, I enjoy eating pretty much any kind of fruit as long as they are freshly picked, but I quite like mixing up various kinds of fruit and make fruit salads. So, for example, I like mixing crunchy apples, juicy peaches, and ripe mangos to make my own fruit salad. Particularly I like the kind of fruit which has more intense flavours.

Did you enjoy the same kind of fruit when you were a child?

No, I think when I was younger, I used to enjoy fruit with milder flavours, but now I'm more into intense flavours and enjoy eating oranges, apples, and mangos, but generally speaking, I tend to eat fruit and vegetables for their health benefits and would eat basically any kind of fruit that I can get my hands on. I was a bit picky when I was a child.

Do most people eat vegetables in your country?

Well, although vegetables are fairly cheap in my country, I don't think a lot of people eat vegetables regularly probably because they are not aware of the crucial role that vegetables play in our overall health. Of course, I appreciate that many people may find getting more fruit and vegetables into their diet difficult because of financial issues and simply because they cannot afford it.

VOCABULARY

afford (verb) - to have the money to pay for something

appreciate (verb) - to recognize the good qualities of somebody/something

crucial (adjective) - extremely important, because it will affect other things

crunchy (adjective) - hard and making a sharp sound when you bite it

essential (adjective) - completely necessary; extremely important in a particular situation or for a particular activity

intense (adjective) - very great; very strong

juicy (adjective) - containing a lot of juice and good to eat

milder (adjective) - not severe or strong

mineral (noun) - present in food and drink and in the human body. Essential for good health

picky (adjective) - liking only particular things and difficult to please

various (adjective) - several different

vitamins (noun) - natural substance found in food that is an essential part of what humans and animals need to help them grow and stay healthy